



Friendship Heights

VILLAGE NEWS

JUNE 2021

VOLUME 38, NO. 6 www.friendshipheightsmd.gov 301-656-2797



Classes resume at the Center!
See page 6 & 7.

Susan Lee and other Md. lawmakers to recap the 2021 session

Members of the Maryland General Assembly addressed a broad range of issues during this year's legislative session.

Broadband access, climate solutions, coronavirus relief, police accountability and rights, recreational marijuana and immigration were among the issues attracting the most attention.

State Senator Susan Lee introduced bills on subjects ranging from transportation projects to cybersecurity to human trafficking to hairstyles.

She'll host a town meeting on **Tuesday, June 8, at 7 p.m., via Zoom**, to review the major legislation affecting Village residents. Maryland Delegates Marc Korman, Ariana Kelly and Sara Love have also been invited to review some of this year's most significant legislation relevant to the residents of the Village of Friendship Heights.

Email info@friendshipheightsmd.gov or call the Village Center at 301-656-2797 for Zoom access or call-in information.

If you are unable to attend via



State Sen. Susan Lee

Zoom, this event will be available to view on our website www.friendshipheightsmd.gov shortly after the virtual representation.

The art and legacy of Andy Warhol

Our next virtual musuem tour

Join us on **Thursday, June 24, at 1 p.m.** to learn about art icon Andy Warhol and the art he created over decades that defined pop art.

In a virtual tour created for Friendship Heights Village residents, a docent will take us through the Warhol Museum, one of the four Carnegie Museums of Pittsburgh. Opened in 1994, it is the largest museum devoted to a single artist in North America. The collection includes paintings, drawings, commercial illustrations, sculptures, prints, and more.

Born Andrew Warhola in 1928, Warhol graduated with a degree in pictorial design and started his career in commercial art in New York City. His parents, devout Byzantine



Catholics, emigrated from present day Slovakia. His working-class father saved money for Andy to attend Carnegie Mellon when he realized his son was artistic.

To participate in this tour and receive the Zoom link, please email info@friendshipheightsmd.gov or call 301-656-2797.

Summer outdoor concerts planned

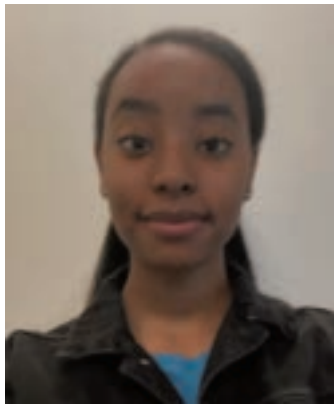
June marks the beginning of our summer outdoor concert series. With last year's summer series cancelled due to Covid-19 restrictions, we're eager to present performances that begin Wednesday, June 2, and continue every Wednesday through August. Concerts will be held from 7 to 8 p.m. in Hubert Humphrey Park and will be moved indoors in the event of inclement weather. Current state and local Covid-19 protocols will be in place.

Continued on page 8, see Concerts

***The Village Center will
reopen June 14!***

See page 3 for details.

The link between diet and cholesterol, see page 4.



Asha Dees



Alicia Guevara

Congratulations to our teen committee members

For more than five years, Village residents Asha Dees and Alicia Guevara have spent countless hours assisting with Village events and programming— first as event volunteers, then as the first teens to be invited to serve on our Program Advisory Committee. The two Bethesda- Chevy Chase High School seniors have helped to host all types of events, from Mardi Gras celebrations to an early morning royal wedding viewing party for Harry and Meghan to a Zoom presentation on the STEM website they created for children.

In the fall, Asha will be attending Dartmouth College while Alicia will be attending Johns Hopkins University. We wish them the best.



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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the July issue is June 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Village Center to reopen June 14

The Village Center will open back up to the public on Monday, June 14. This is consistent with updated County and State guidelines, which we have been following closely. As this goes to press, staff is working to confirm Covid protocols for the use of the Center.

When the Center reopens, programming will be limited initially. It will take some time for our staff to finalize and publicize programs for the residents. We anticipate having some classes and groups meeting in person at the Center, while others may continue on Zoom as they have become accustomed to since the beginning of the pandemic. In response to requests from residents, we will also continue to use the Zoom platform for select talks and tours. Updates will be posted on our website and sent to the buildings as plans develop further. The safety of residents and staff in the building will continue to be our priority.

We are also looking ahead to see how we can safely hold a July 4 celebration for the community. More details to follow as we explore various options and wait to see updated guidelines for public gatherings.

Village Council election results

A total of 420 voters participated in the contested May 10 Village Council election, an increase of more than 100 from the previous election in 2019 (also contested). Voters elected the six Council incumbents along with Alfred Muller. Dr. Muller returns to the Council after previously serving from 1975 to 2001.



Karen Bushell, Clerk of the Montgomery County Circuit Court, conducts the swearing-in of the newly elected Village Council members on May 17. From left: Carolina Zumaran-Jones, Bruce Pirnie, Paula Durbin, Michael Mezey, Melanie White, Michael Dorsey, and Alfred Muller.

At the first meeting of the new Council on May 18, the Council selected its officers for the 2021–2023 term: Melanie Rose White, Mayor; Michael Mezey, Chairman; Bruce Pirnie, Vice Chairman; Paula Durbin, Treasurer; Alfred Muller, Secretary; Michael Dorsey, Parliamentarian; and Carolina Zumaran-Jones, Historian.

Because of social distancing requirements indoors, the next Village Council meeting on June 14 is expected to be conducted in person and on Zoom. Details to follow as we get closer.

Artists plan to rent space at 4602 N. Park

At the May 18 Council meeting, Brad Riddle, a commercial broker representing the Village, presented an offer from a prospective tenant to rent space in the Village-owned property at 4602 North Park Avenue. A group of local artists, part of the Montgomery County Art Association, has expressed interest



in renting the top two floors of the house. In addition to working on their art at the location, the artists also plan on having art shows periodically during the year. The Council voted to authorize Mr. Riddle to enter into lease negotiations with the artists group.

Covid vaccines at the Village Center

Brookville Pharmacy has been providing weekly Covid vaccine clinics at the Village Center, starting in early May. Clinics will continue on Friday, June 4, June 11, and June 18. The vaccines are available to anyone age 18 and up. To register, go to brookvillepharmacy5454.com or call 301-718-0900. A big thank you to the folks at Brookville Pharmacy for helping to vaccinate our community!

Other actions taken at the May 18 Council meeting:

- Approved proposal from Adirondack Tree Experts to remove five Village trees for a total cost of \$5,250.
- Rejected request from The Carleton to remove three magnolia trees on The Carleton's property.

The next Council meeting, open to the public, will be Monday, June 14, at 7:30 p.m.



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Cholesterol and your diet

Michelle Young, Suburban Hospital dietitian, will explain how food can be used to maintain good cholesterol levels, along with how to avoid bad cholesterol during this month's Suburban Lecture on **Wednesday, June 9, at 1 p.m.**, via Zoom.

Please email us at info@friendshipheightsmd.gov for the zoom link or call the Center at 301-656-2797.

The Village Book Club will meet on **Tuesday, June 15, at 11 a.m.** The book selection is "The Lying Life of Adults" by Eleana Ferrante.

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Pharmacists Kalpana Patel and Dennis Bubar are pictured above with volunteer Phoebe Joseph (standing) at a Covid vaccine clinic at the Center. Photo by Jeanne Pettenati

Village Center hosts Covid-19 vaccination clinics

Almost 200 residents of the Village and the surrounding area are now fully vaccinated against the coronavirus thanks to clinics offered at the Village Center in early April and May by Giant Pharmacy.

These clinics could not have been possible without the efforts of dedicated Giant pharmacists and volunteers from the community. Pharmacists Kalpana Patel, Dennis Bubar and Rimple Gabri; volunteers Phoebe Joseph, Robert Fabia, Susan Scanlon, Lila McConnell and Deborah Litman, were critical to the safe and smooth operation of the clinics.

Brookeville Pharmacy is also offering Covid-19 vaccines at the Village Center through mid-June (see page 3).

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CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants must follow the Center's and teachers' Covid protocol.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver with Covid protocol when they register.

In the event a class is cancelled, a make-up class will be held during the week following the last class of the session.

ART AND LANGUAGES

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., begins June 16. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group meets on Thursdays, 3:30 to 5 p.m., begins June 17. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

EXERCISE

BALANCE AND COORDINATION

A 6-week class, Mondays, 12 to 12:50 p.m., taught by Tonya Walton, begins June 14. No class on July 5. Designed to improve your balance and coordination. This class will improve the communication between your muscles and your brain. It will consist of routines to strengthen your core and improve your overall mobility. All exercises are while standing and sitting (no floor/mat work). Eight students maximum. \$75 for residents; \$85 for nonresidents. For details, contact Tonya at Tonya@Krucialfitness.com

BALANCE BASICS

A 6-week class, Wednesdays, 11 to 11:45 a.m., taught by Cheryl Clark, begins June 16. This class will teach strategies for basic balance and will aid in developing fall prevention techniques to improve your ability to perform daily activities safely. Will help to build your confidence maintaining your balance while strengthening key muscle groups. The class is a prerequisite for the more complex Balance in Movement class. Clark is a licensed Physical

Therapist Assistant who has been working on the aging body and its complexities for more than 15 years. \$70 for residents; \$75 for nonresidents.

BALANCE AND HEALTHY LIVING

A 6-week class, Tuesdays, 11 to 11:50 a.m., taught by Tonya Walton, begins June 15. No class on July 6. It will cover a variety of exercises designed to improve your overall balance and coordination. All exercises are while standing and sitting (no floor/mat work). This class will also give you healthy lifestyle changes and nutrition information to improve your overall health. \$75 for residents; \$85 for nonresidents. 15 participants maximum. For details, contact Tonya@Krucialfitness.com.

BALANCE IN MOVEMENT

A 6-week class, Thursdays, 11 to 11:45 a.m., begins June 17. This class will focus on neurodevelopment techniques, muscle strengthening and mobility using exercises to help maximize safety and independence, while helping to optimize walking performance. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for more than 15 years. \$70 for residents; \$75 for nonresidents.

CHAIR YOGA & MEDITATION

A 6-week session, Thursdays, 10:30 to noon, begins June 17, taught by Louisa Klein. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice. Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Klein, a member of the International Yoga Teachers Association, has more than 40 years experience teaching all ages. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30 to 10:30 a.m., begins June 14. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$78 for nonresidents. Visit www.dctaichi.com for details.

DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., begins June 16. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi. Fundamental training is required; maximum number is 20. \$70 for residents; \$78 for nonresidents. Visit www.dctaichi.com for details.

EXERCISE FOR THE MATURE ATHLETE

A 6-week class, Thursdays, 1 to 1:45 p.m., begins June 17, taught by Cheryl Clark. This class is suited to your individual needs, for a total body workout, allowing each participant to work toward peak efforts, while focusing on injury prevention. This class will have floor and standing exercise, so a mat is recommended. Please bring yourself, a mat and a smile. Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for more than 15 years. \$70 for residents; \$75 for nonresidents.

STRENGTH TRAINING

A 6-week class, Mondays, 11 to 11:50 a.m., begins June 14, taught by Tonya Walton. No class on July 5. Designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using body weight and resistance bands (no floor/mat work). This class will help ward off age-related muscle loss, keep your bones strong, and promote mobility. Maximum of 20 participants. \$75 for residents; \$85 for nonresidents. For details, contact Tonya at Tonya@Krucialfitness.com.

CLASSES VIA ZOOM

TWO-PART WRITING SEMINAR

Barbara Rosenblatt offers writers the chance to share work with other writers under the leadership of an instructor. The goal is to help each other transform a work in progress to a finished piece. \$25. This two-part seminar will meet via Zoom on **Mondays, June 21 and 28, at 1 p.m.**

ONGOING GROUPS VIA ZOOM

The following groups, except the Walking Club, will continue to meet via Zoom until further notice. Please check our website www.friendshipheightsmd.gov or with the group leader to find out when meetings resume at the Center.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. via Chess.com. <https://www.chess.com/live#t=1190666>. Call Greg Drury at 202-674-8102 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. via Zoom. Call the Village Center at 301-656-2797 or email info@friendshipheightsmd.gov.

EXPRESS YOURSELF

An aphasia support group, facilitated by Susan Wranik, sponsored by the NIH Suburban Hospital Stroke Program, meets via Zoom on the second Tuesday of the month at 3 p.m. Call Susan Wranik at 301-520-2332 or email susan@speakskill.com for access information.

FRIDAY FIBER FRIENDS

Knitters, crocheters, weavers, and other fiber enthusiasts meet via Zoom on Fridays, from 1 to 2:30 p.m. Call Joan Lewis at 301-654-7415.

GREAT BOOKS GROUP

This group meets Mondays at 10 a.m. via Zoom. For information, call Jean McNelis at 301-656-6695 or Judith Abrahams at 301-215-6950.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month, currently via Zoom. Email Sheila Manes at manessheila@gmail.com. See page 4 for current selection.

WALKING CLUB

The Walking Club is doing two-mile, hour-long walks, with masks and social distancing, on Tuesdays, Thursdays, and Saturdays, starting at 8:15 a.m. at the Village Center. Call Eniko Basa at 301-657-4759.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Group is currently meeting via teleconference. Call Maurice Singer at 202-362-0883 for details.

To sign up for programs, call the Village Center at 301-656-2797, email info@friendshipheightsmd.gov or use SignUpGenius, when instructed. Please remember to provide your name, phone number, building in which you live, and if applicable, your email address. For classes requiring payments, you may also come to the Village Center to register after June 14.

CONCERTS

Summer concerts are held every Wednesday from 7 to 8 p.m. in Humphrey Park in front of the Village Center. In the event of inclement weather, the performance will be moved indoors. We are following current state and local Covid-19 protocol.

Concerts, continued from page 1

Wednesday, June 2—Dixie Power Trio

— Formed in 1992, Zachary Smith & the Dixie Power Trio has developed a reputation as the East Coast's premier "Louisiana variety band"—playing authentic New Orleans jazz, zydeco, Cajun, street parade, and Louisiana-style funk. The four-piece trio has carved out a niche as a fun and exciting ensemble entertaining audiences of all ages. The group has shared concert stages with many Louisiana luminaries, including the Neville Brothers, Terrance Simien, Dr. John, Wynton Marsalis, and others. The band is composed of bassist Andy Kochenour, guitarist Chuck Underwood, drummer Byron McWilliams and bandleader Zachary Smith, playing cornet, washboard, accordion, harmonica, and just about anything else he can lay his hands on.



Wednesday, June 9—Steve Hom and Karla Chisholm



— Baltimore and DC jazz and pop vocalist Karla Chisholm debuted at Switzerland's Montreux Jazz Festival as a teenager. She recently formed her variety band, K Street Union, having performed for

luminaries from President Obama to Michael Jordan. Karla has released three CDs of jazz standards and original com-

positions.

Guitarist Steve Hom has collaborated for years with several of the area's top jazz singers. He has performed for ambassadors, members of Congress, the governor of Maryland and mayor of Washington, D.C. Their programs will feature standards from the Great American Songbook, with some pop, country, and oldie tunes in the mix.



Wednesday, June 16—Tommy Cecil— Jazz bassist Tommy Cecil returns to Friendship Heights bringing with him guest artist guitarist Nate Najar.

Cecil is well known throughout the area from his appearances at the Smithsonian, the John F. Kennedy Center for the Performing arts, Wolf Trap National Park for the Performing Arts, Blues Alley, and jazz clubs.

Continued on page 9, see Concerts

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Arrive on time for all events. If you arrive late or must leave early, please wait for a break in the performance to enter or exit.
- Please do not bring reading materials to the concerts
- In the event concerts are moved indoors, masks and social distancing may be required.

Concerts, continued from page 8

Nate Najar is a Florida-based musician who has worked with major jazz artists, including Ken Peplowski, Bucky Pizzarelli and others. He was influenced by Washington's great Charlie Byrd and now plays one of Byrd's guitars. This will be Najar's first appearance at the Village Center.



Wednesday, June 23—Big Howdy— Big Howdy is a progressive bluegrass band that nods to the past while barreling into the future. This high-energy band features Dede Wyland, Randy Barrett, Ira Gitlin and Tom McLaughlin.

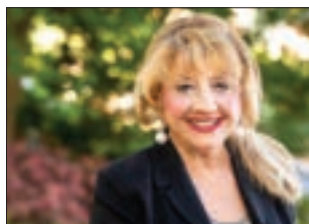


Wednesday, June 30—Karen Lovejoy— Jazz vocalist Karen Lovejoy is a long-time favorite at the Village Center.

She has been popular in Washington, D. C.'s jazz scene with appearances at Blues Alley, Mr. Henry's, 219, and just about every jazz venue in the area. With her band, The Lovejoy Group, she has opened for many national artists and headlined jazz festivals throughout the East Coast.

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TO YOUR HEALTH

New non-surgical options for treating orthopedic problems

Diagnosing and treating orthopedic problems without surgery will be discussed during a Zoom lecture provided by Dr. Marc Gruner and Dr. Allison Haynes on **Thursday, June 17, at 4:30 p.m.**

They will discuss their holistic, integrated approach to managing orthopedic conditions for arthritis in the knees, hips, and shoulders. New treatment options for tendonitis (including achilles and patella tendonitis, and tennis and golfer's elbow) will also be addressed. Their objective is to provide minimally invasive treatments for these very common medical issues.

Dr. Gruner completed his residency at Georgetown Uni-

versity / National Rehabilitation Hospital, and completed a sports medicine fellowship at the Mayo Clinic. Dr. Haynes is a certified Manual Therapist with training in medical therapeutic yoga, postural restoration, myofascial release and other methodologies. She received her Doctorate in Physical Therapy from the University of Saint Augustine and her Bachelor of Science in kinesiology from the University of Maryland.

Doctors Gruner and Haynes work with Dr. Mark Klaiman at his Point Performance clinic in Bethesda.

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COVID-19 UPDATE

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June 2021 events calendar